

Microwave Cauliflower and Peas in Cream Sauce

Makes: 6 servings

Ingredients

1/4 cup onion (chopped)

1 1/2 teaspoons butter (or margarine)

1 tablespoon flour (all-purpose)

1/2 cup milk (skim)

1 pimienta (tablespoon, chopped, optional)

1/2 teaspoon parsley flakes

1/2 teaspoon bouillon granules (instant chicken)

1/8 teaspoon salt

1 dash pepper

2 cups cauliflower

1 cup peas (fresh or frozen)

2 tablespoons water

Directions

Nutrition Information

Nutrients	Amount
Calories	50
Total Fat	1 g
Saturated Fat	1 g
Cholesterol	5 mg
Sodium	110 mg
Total Carbohydrate	8 g
Dietary Fiber	2 g
Total Sugars	3 g
Added Sugars included	N/A
Protein	3 g
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A
N/A - data is not available	

1. Combine cauliflower, peas and water in a 1-quart casserole. Cover. Microwave at High 6 to 8 minutes, or until fork tender, stirring after half the time. Let stand, covered.

2. Place onion and butter or margarine in 2-cup measure. Microwave at High 1 to 1 1/2 minutes, or until onion is tender. Stir in flour. Microwave a few seconds until flour mixture starts to bubble. Add remaining ingredients. Microwave at High 1 1/2 to 2 minutes, or until thickened, stirring every minute. Drain vegetables. (Freeze drained liquid for use in soups later.) Pour sauce over vegetables and stir to coat.

Options: Vegetables may be boiled or steamed and sauce prepared on top of a range if a microwave is not available.

Variations: Use other combinations of vegetables, such as green beans and cauliflower; broccoli and carrots; or peas and carrots.

Source: North Dakota State University Extension Service, Creative Vegetable Cookery